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PAGE 9



SHE'S M.I.A.?
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THAT'S WHAT SHE DID.
USE METRO AR TO
HEAR HER SONG
LIGHTS

PAGE 14



Olympic Village debt paid off

False Creek, indeed.
Aquilini Group buys
condos, closing the gap
left after developer
failed to pay up



The city has officially paid down its debt from the Olympic Village project, but taxpayers still had to foot the bill for millions of dollars worth of amenities since the developer never paid the promised price for the land along False Creek. Mayor Gregor Robertson was in a celebratory mood when he announced the city is no longer involved in the 1,108-unit, \$1.1-billion project and paid off its total debt of \$690 million after selling the remaining 67 condos to the Aquilini Group for \$91 million.

"The Olympic Village is now a true legacy for Vancouver.... That dark cloud that hung over it for some years has been blown away," Robertson said at a news conference.

The city went into the red in a race to finish the beleaguered project in time for the 2010 Winter Games after the developer, Millennium, went broke in the recession. Since then, councillors have been pessimistic the city would ever get enough cash from real estate sales to pay off the debt.

But the tone changed drastically with Monday's announcement, with Robertson

"That dark cloud that hung over (Vancouver) for some years has been blown away."

Mayor Gregor Robertson, on paying off Olympic Village debt



People stroll through Vancouver's Olympic Village on Monday. MATT DESOUIZA/FOR METRO

praising the city's refusal to sell the units in a fire sale after the previous mayor and council got taxpayers into a "dire" situation.

"As mayor, I've been determined to ensure that taxpayers would not be left on the hook for a single cent. I am proud to say we have achieved that goal, and have done so in a way that has created a thriving

waterfront neighbourhood," Robertson said.

He credited the success to receiver Ernst & Young, Rennie Marketing Systems and shrewd business decisions by the city.

Robertson also thanked retailers that risked moving into the Village when it was a ghost town, including Terra Breads and London Drugs.

Yet the city only received \$70 million of the \$200 million the developer promised to pay for the land.

That money was supposed to go towards amenities including parks, community centres and infrastructure in Southeast False Creek. The \$70 million went towards amenities in the completed section of the property (it's

split into three chunks, one of which is still vacant), but the total cost was \$75 million — meaning the city paid for the shortfall out of pocket.

Amenities for all three sections of property are estimated to cost \$200 million, according to city manager Penny Ballem in a financial briefing with reporters.

Ballem does not know how

From here
\$1.1B

Cost of Olympic Village

Through here
\$690M

Amount of debt city was in

To here
\$91M

Amount paid by Aquilini Group for 67 condos

the city will get the remaining \$130 million, but it will likely be a mix of development levies and city funds.

It is clear, however, that the city was able to pay back the loan in its entirety using about \$770-million in revenue from sales.

Real estate consultant and developer Michael Geller, who has been critical of the project and city council, told reporters this is a good news story but noted the city didn't really break even because it spent millions in anticipation of getting money it never received.

"It's good news. But I think it's improper to suggest taxpayers have not lost one cent on the project," Geller said.

Follow Emily Jackson on
Twitter @theemilyjackson





Mary Ellen Turpel-Lafond during a press conference in Victoria in April 2008. On Monday, the children's watchdog said the province should continue to look out for children in foster care after the age of 19.
CHAD HIPOLITO/THE CANADIAN PRESS FILE

Foster kids need help past age 19, watchdog says

'Aged out.' New report recommends several program improvements

Brittany Palmer finished high school living on her own in an apartment paid for by the British Columbia Ministry for Children and Families and worked part-time to pay for anything over and above the \$200 a month the ministry provided for food.

That tab included the cost of her high school graduation cap

and gown.

She was one of the more than 8,000 children in government care in the province at any given time but despite the tumult of her home life, Palmer was studious. She didn't do drugs or skip school.

At 18, she was enrolled in university. She had a plan. She was determined. Then she "aged out" of the provincial foster care system.

"I knew they were going to cut me off and I thought I was prepared. I wasn't," said Palmer, now 21.

A couple weeks into her

second semester of university, almost 19 years old, the reality hit home. She couldn't get a student loan from the bank and she had no savings.

"I realized that I didn't have any money for rent and I was going to get cut off in February. I ended up dropping out of university so I could use that money to pay for rent."

It's a story all too common for young people in government care, said children's watchdog Mary Ellen Turpel-Lafond, who released a report Monday on the challenge facing young adults like Palmer.

Set up for failure?

20%

Only about 20 per cent of youth in foster care graduate from high school.

On average, about 700 children in government care age out every year in B.C., she said. More than half have only income assistance awaiting them.

"Young people in any home in British Columbia are not shown to the door at 19 and told 'Good luck, you're on your

own," Turpel-Lafond said.

Youth in care enter adulthood in poverty, unable to afford even basic supplies for a first-time home.

Her report recommends the province establish a Youth Secretariat to co-ordinate services from different ministries and help children in care transition to adulthood.

It recommends the Education Ministry have education plans in place beginning in Grade 6. Until recently, the province didn't even track children in care in school.

THE CANADIAN PRESS



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Boat capsized. Woman survives six hours in frigid waters

A woman wearing nothing more than a life-jacket and the warm clothing she planned to go fishing with survived for six hours in the frigid waters of the Georgia Strait off British Columbia's coast, RCMP said Monday.

Her partner did not survive. The BC Coroner said Monday the body of Jordan Beaudoin, 38, was found on the waterline Sunday night on the east side of Texada Island.

Const. Tim Kenning said when the woman made it to shore, on a remote and forested area of Texada Island, she also managed to find help for her partner, who was still in the water.

"It would appear she found her way to shore, found a cabin that was actually inhabited by somebody, and that person rendered aid and (that) is what launched the search for her spouse," he said.

Quoted

"You can only imagine her exhausted, fatigued, hypothermic, emotional state."

Const. Tim Kenning,
on the survivor.

Police say the woman and her partner set out Saturday for a day of fishing, but the weather turned rough and they needed to take shelter in a remote bay near Texada, the largest of the Gulf Islands.

When they set out again in their five-metre fishing boat, it started taking on water and the boat capsized, sending the man and woman into the water.

The woman was taken to hospital with severe hypothermia, but is expected to fully recover.

THE CANADIAN PRESS

Chilliwack. Police investigate possible grave robber incident

RCMP in Chilliwack are investigating what appears to be the interrupted work of a modern-day grave robber.

Mounties say family members recently visited a grave in a rural area of the Fraser Valley to discover the site had been partially disturbed.

Several shovels were left at the scene but the coffin, which had been buried for about 20 years, had not been entered.

Cpl. Len vanNieuwenhuizen says the casket had

been cemented closed before burial.

He says it is believed family heirlooms, including jewelry, were buried with the deceased, possibly attracting the would-be thieves.

Mounties say the attempt to dig up the coffin likely occurred several days before the discovery by the family on April 20, and investigators want to speak to anyone who may have information about the incident.

THE CANADIAN PRESS



It's not Superman, but this Air Canada Rouge Airbus will do

An Air Canada Rouge Airbus A319 sits parked at a gate at Vancouver International Airport in Richmond on Monday. Air Canada's new low-cost subsidiary began operations at the airport on Monday with flights to Las Vegas. Two more U.S. destinations will be added in May, a fourth in July and a fifth in December. DARRYL DYCK/THE CANADIAN PRESS

Union wants more done after attack on nurse

Eagle Ridge Hospital. Employee hurt while dealing with elderly patient with dementia

A nurse is recovering at home from cuts and bruises after she was attacked by an elderly dementia patient at Eagle Ridge Hospital last week — an attack the B.C. Nurses' Union says could have been prevented if administrators had responded to staff complaints about safety concerns.

"She's physically injured and mentally and emotionally quite traumatized by the event," said Christine Sorensen, vice-president of the B.C. Nurses' Union.

The incident took place April 22 when a nurse tried to rescue an elderly man with dementia who tried to climb over the wall of a second-floor balcony at the Port Moody hospital.

The nurse called for a Code White — an emergency to identify a potentially violent patient — but the announcement was muffled and hospital staff didn't know where she was.

The nurse managed to pull the patient back to safety, but in the process was head-butted and elbowed. The patient then picked up a rock from the balcony garden and hit her on the head, said Sorensen. The nurse needed stitches, she said.

According to the union, the hospital paging system was not working properly for several months. It has now been fixed, said Sorensen.

Val Spurrell, executive director of Eagle Ridge Hospital, admitted the hospital has had on and off issues with the clarity of calls and is working to fix the

problem.

But Sorensen said the incident points to a bigger problem, that aggressive patients with dementia or mental illness are often placed in wards without adequate, trained staff.

Shannon deBruyckere, director of medicine at Eagle Ridge Hospital, said Fraser Health is committed to ensuring a safe environment for staff. Eagle Ridge recently reviewed its Code White policy, she said, and is actively looking to increase the number of trained staff that responds to these types of calls.

THANDI FLETCHER/METRO



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NDP calls for stronger workplace death legislation

Day of mourning. 128 B.C. workers were killed on the job last year

B.C. New Democrats are introducing legislation that aims to hold companies accountable for workplace deaths, labour critic Harry Bains announced Monday on a national day of mourning for people killed on the job.

In a statement, Bains said there has not been a single criminal charge against companies for negligence, despite many workplace deaths.

"The Babine and Lakeland sawmill explosions killed four people and seriously injured 42 others, yet no one has been held accountable," Bains said.

The proposed legislation would see a Crown prosecutor dedicated to workplace fatalities and require a mandatory police investigation to determine whether criminal negligence exists.

On Monday a few hundred family, friends, co-workers and

observers gathered at Jack Poole Plaza to honour and remember 128 B.C. workers who lost their lives on the job in 2013.

"It's also a moment for people to re-commit themselves to safety in the workplace," said Megan Johnston, WorkSafeBC communications officer.

In Canada it's estimated that three people are killed daily on the job, a number that Jim Sinclair, president of the B.C. Federation of Labour, believes can be reduced.

"The problem is that RCMP doesn't investigate (workplace injury) because the Crown has a de facto policy of not taking any criminal charges against employers for health and safety violations," Sinclair said.

"That's a problem for all of us and that's why more people are being killed on the job than should be. There's no consequence for employers."

Monday's ceremony was capped off with a bagpipe and honour-guard procession as roses were laid to commemorate lives lost.

MATT DESOUZA/FOR METRO



People gather at Jack Poole Plaza in Vancouver Monday to honour those killed on the job in B.C. MATT DESOUZA/FOR METRO

Lawyer for serial killer bids to overturn conviction

Jury members whose verdict labelled a government-sponsored refugee a serial killer were overwhelmed by complex evidence, a defence lawyer told the British Columbia Appeal Court Monday as he sought to overturn Charles Kembo's convictions.

Lawyer Tom Arbogast said drawing conclusions from the eight-month trial, which featured evidence from 154 witnesses and copious finan-

cial records, became a confusing exercise for the judge and jury.

Kembo was convicted in June 2010 of four counts of first-degree murder in the deaths of four people he knew intimately: His wife, business partner, girlfriend and step-daughter. The body of his wife was never found.

He was handed an automatic sentence of life in prison with no parole for 25

Quoted

"There were so many exhibits in this case and the various ways they came in was so confusing. It was bewildering, to be frank."

Defence lawyer Tom Arbogast

years, which his lawyers are now appealing at a three-day hearing in Vancouver.

The bodies did not stack up in the order they were investigated or presented to

the jury during the trial, Arbogast said.

Kembo's wife, Margaret, went missing first, in January 2003.

Ardon Samuel, his

38-year-old business partner, was found strangled and cast-rated in a Vancouver park in November 2003.

In October 2004, the body of Kembo's girlfriend Sui Yin Ma, 55, was discovered stuffed in a hockey bag in a Richmond slough. An autopsy found her death consistent with drowning or suffocation.

Kembo was arrested in July 2005, days after the near-

ly naked body of his step-daughter, Rita Yeung, 20, surfaced. Her body had been wrapped in garbage bags and had also been dumped in water in Richmond.

During the trial, the Crown advanced the theory that Kembo had been motivated by financial gain, killing the people who trusted him most and appropriating their identities.

THE CANADIAN PRESS

Watchdog

IIO investigating after transit police officer fires weapon

B.C.'s police watchdog is investigating after a transit police officer reportedly fired shots at a man near the Gateway SkyTrain station on Sunday.

A spokeswoman for the Independent Investigations Office could not comment

on the circumstances leading up to the incident, which unfolded around 4 p.m.

Kellie Kilpatrick of the Independent Investigations Office said the agency isn't yet certain if the case falls under its jurisdiction since it only investigates cases involving serious injury or death.

It is still unclear if anyone was injured in the incident, she said.

THANDI FLETCHER/METRO

Crime

Police find Stanley Park murder victim's car

Police have found a vehicle connected to last week's homicide in Stanley Park.

Thi Yen Le, 33, of Surrey, died at Brockton Oval Thursday. She was known to police and investigators believe she was targeted.

Earlier Monday, police

said they were looking for Le's vehicle, a 2003 champagne-coloured, four-door Nissan Altima. The car has B.C. plates (903 TXS), tinted windows and black wheels.

They sent out a release Monday afternoon, stating the car had been located.

Le was spotted in medical distress around 6 a.m. Thursday. She was later pronounced dead at the scene.

It is Vancouver's fifth homicide of 2014.

JEFF HODSON/METRO

Vancouver Island

Mounties find two firearms hidden at high school

RCMP have seized two firearms from a locked storage area at a high school in the Vancouver Island community of Port McNeill.

Police say officers found the weapons as part of an investigation into reports that a group of youths had

several firearms.

Mounties are investigating the possibility that the guns originated from residential break-ins and would be traded for illegal drugs or sold for cash.

Sgt. Craig Blanchard says police do not believe the firearms were intended to be used to harm anyone at the school. He says all indications are that the person who put them in the concealed area wanted them hidden. THE CANADIAN PRESS

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End declared to B.C.'s measles outbreak

400+ cases. Fraser Health emphasizes importance of vaccination after worst recurrence of the disease in nearly three decades

The worst measles outbreak to hit the province in almost 30 years is now over.

"We think we've seen the bulk of the cases come through," said Dr. Michelle Murti, medical health officer for Fraser Health.

While some cases may still "trickle in," Murti said the worst of the outbreak is believed to be over.

Over 400 measles cases were reported in this region over a four-week period in March and April, according to Fraser

Health. The size and speed of this outbreak makes it the largest B.C. has seen since 1986, Murti said.

The outbreak, which saw several people hospitalized with severe complications, is an important reminder for people to make sure their vaccinations are up to date, she said.

Murti said this region's outbreak is believed to have originated in the Netherlands. With

large outbreaks reported there and in the Philippines, she said there is an ongoing risk for travellers to bring measles back to B.C.

"These types of outbreaks can be very large and very rapid, and can be very severe," she said. "For how quickly it goes through, really your best protection is to be immunized against it."

THANDI FLETCHER/METRO



A child with measles FLICKR: DAVE HAYGARTH



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New Westminster. Cancer Society fundraising boxes target of series of thefts

Quoted

"It is deeply disheartening to see this number of thefts in one community."

Ron Kuehl, vice-president of marketing with the Canadian Cancer Society

The Canadian Cancer Society is asking for the public's help after 17 daffodil-pin fundraising boxes were snatched from businesses in New Westminster.

The society believes the same suspect is behind the thefts, which totalled about \$600. In some cases, the same business was targeted several times.

"It is deeply disheartening to see this number of thefts in one community, especially when the community has been so committed to helping us raise awareness and funds," said Ron Kuehl, vice-president of marketing with the Canadian Cancer Society.

Daffodil Month, in April, is the Canadian Cancer Society's largest fundraiser. Across the province, the society has more than 3,000 pin boxes, including 79 in New Westminster. Sales of

the pins go to support cancer support programs like Camp Goodtimes, the volunteer drivers program and its four cancer lodges in B.C.

Sgt. Diana McDaniel said New Westminster police are investigating three of the reported thefts and are looking for a man in 50s with mullet or ponytail. The suspect is described as five-feet-eight-inches tall and has a heavy build.

The society says it is trying to prevent further thefts by zap-strapping the boxes to counters where possible.

JEFF HODSON/METRO

Coquitlam

Cops looking to unlock chain of keyed vehicles

About 100 drivers within a radius of a few blocks in Coquitlam have filed police reports after someone wrecked the paint on their vehicles, apparently with a key.

RCMP say the vandalism likely occurred between 2 a.m. and 7 a.m. Saturday morning.

Police haven't identified any suspects yet, but are hoping someone may have some information and will contact them.

In 2008, about 1,000 cars were keyed in Coquitlam, Vancouver and Burnaby.

THE CANADIAN PRESS

Burnaby

Charges brought in drug-related murder of woman

The killing of a 61-year-old Burnaby woman was targeted and drug related.

Integrated Homicide Investigation Team Sgt. Jennifer Pound released those details while announcing a second-degree murder charge has now been laid in the Dec. 2, 2013 slaying of Christina Docherty.

The victim was found in her Hastings Street apartment and police have never revealed how she died.

Sixty-year-old Trudy Hunter was arrested in Maple Ridge on Friday and is due to appear in provincial court in Vancouver.

THE CANADIAN PRESS

New mayor of Surrey to face three big challenges: Poll

Crime, transportation and health care. City gets praise for image, parks, development



MATT KIELTYKA
matt.kieltyka@metronews.ca

Whoever succeeds Dianne Watts as Surrey's next mayor will need to have three items at the top of their agenda, according to a new poll.

Insights West polled Surrey residents in late March and found that crime (49 per cent), transportation (22 per cent) and health care (7 per cent) are the most important issues currently facing the province's second-largest city.

The list mirrors public dissatisfaction. Only 24 per

Law and order

49%

Crime was the biggest concern for the Surrey residents polled.

cent of respondents think the city has handled transportation issues well, and residents are even less approving of city hall's work on homelessness (18 per cent) and crime and public safety (16 per cent).

The city got high marks for handling of parks and recreation, governance, development within the city, economic development and improving the city's image.

Watts announced Saturday she would not be seeking a fourth term as mayor.

Her biggest regret, she told Metro, was not being

Winds of change

68%

Two-thirds of the Surrey residents polled are ready for something new in November's municipal election.

able to follow through on plans for an at-grade rapid transit network.

According to the poll released Monday, Surrey residents are primed for Watts' departure.

Although Watts was re-elected with 80 per cent of the vote in 2011, two thirds of residents (68 per cent) say they're ready for significant or small change in November's municipal election.

The study was conducted online from March 21 to March 23 among 507 residents of Surrey.



Krystal Noonan, left, and Heidi Wolff attend a rally for better transit at the Central City Plaza in Surrey, on Feb. 26, 2013. ERIC DREGER/THE CANADIAN PRESS FILE



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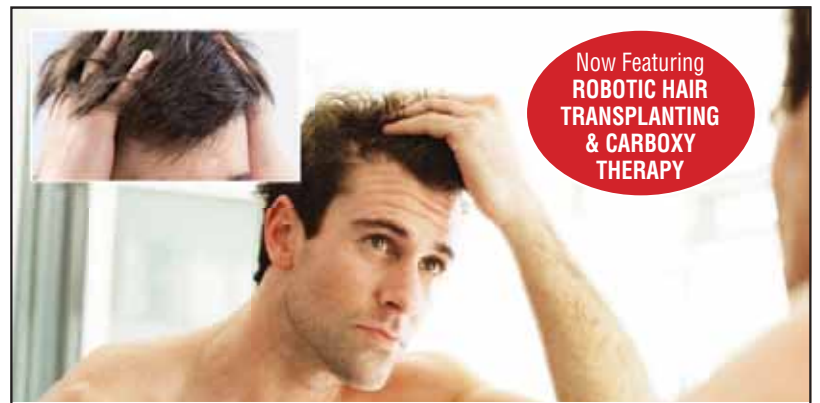
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Stowaway teen's mother seeks reunion with kids

Shedder Refugee Camp. It's home to the boy's mother and some 10,300 Somalis who fled due to militant violence

The Somali mother's home is a frame of sticks covered by ragged blankets on the dusty grounds of this refugee camp. It was here that her 15-year-old son wanted to travel on an impossible journey as a stowaway on a plane from California.

Ubah Mohammed Abdule hasn't seen her boy — who was hospitalized in Hawaii after landing there in the wheel well of a jetliner — for eight long years.

Wearing a black and white head covering, Abdule wept as she stood before the flimsy shelter holding her meagre possessions and spoke about her son.

She told journalists from The Associated Press, who travelled to see her in remote eastern Ethiopia, that she was alarmed by the dangerous

method of travel her son undertook. Those who stow away in wheel wells of airplanes have little chance of surviving, and many who attempt it are Africans desperate for a better life in Europe or America.

But Yahya Abdi had been unhappy in California and desperately missed his mother, according to those who know his family.

So on April 20, Abdi hopped a fence at San Jose International Airport and climbed into the wheel well of a jetliner. It was bound for Hawaii, the opposite direction of Ethiopia. Somehow he survived the sub-zero temperatures and lack of oxygen. He has not spoken publicly about the ordeal.

"I knew he was an intelligent boy who has strong affections for me. I also knew he always wanted to see me, but I know his father won't let them contact me at all," Abdule said.

Abdule said she has not spoken with her son since he moved to the U.S. in 2006. The boy's father has lied to their three children, the mother said, telling them that she's dead.



In this photo taken Sunday, Ubah Mohammed Abdule, 33, feeds her son Abdullahi Yusuf Ahmed, 8, as her daughter Neshad Yusuf Ahmed, 5, looks on, outside her hut in the Shedder refugee camp near the town of Jigjiga, in far eastern Ethiopia. ELIAS ASMARE/THE ASSOCIATED PRESS

"The father of Yahya first took the children away from me to Sudan. Then he came back to Somalia and demanded my consent for him to take the children to the U.S. if I want a formal divorce. I was not OK with that and said no," Abdule

said through tears.

"Finally, he took all three of my children to the U.S. without my knowledge."

Abdule said she wants to leave the camp and reunite with her children and has asked the Ethiopian government and

the UN refugee agency to help her do so. She has passed her first interview with the agency to make the list of those who might qualify to immigrate to America, said a legal protection officer at the refugee camp.

THE ASSOCIATED PRESS

Rape case. Paris police boss wants accused officers off the force

The director of the Paris police service says he wants the officers implicated in the alleged rape of a Canadian woman out of his department.

Bernard Petit's remarks Monday to French radio station Europe 1 came as authorities investigated two officers accused of raping the Canadian tourist at the city's police headquarters.

Both officers from the elite police unit, as well as a third who's considered a witness, have been suspended pending the outcome of an investigation that could take weeks or even months to complete.

French media have reported a 34-year-old Toronto woman met the off-duty officers in a bar last week and later went with them to their workplace.

As she left the station, she reportedly told another police officer she'd been raped, but a lawyer for one of the suspects told The Canadian Press the sex was consensual.

The police director told the radio station Monday he would not discuss the criminal allegations, but he called the behaviour of the officers from the noted anti-gang unit "absolutely unacceptable and intolerable."

"From an administrative point of view, things are clear in our minds," said Petit, who also noted they should have never have let someone from the outside into the headquarters. "These boys no longer have a place within our unit."

French Interior Minister Bernard Cazeneuve announced over the weekend the officers had been removed from their posts during the investigation.

He also said a disciplinary inquiry within the force is already underway.

THE CANADIAN PRESS

Muslim Brotherhood leader sentenced to death



A woman mourns after a judge in Egypt sentenced to death 682 alleged supporters of the country's ousted Islamist president in the latest mass trial in the southern city of Minya, Egypt, Monday. THE ASSOCIATED PRESS

An Egyptian judge sentenced to death the Muslim Brotherhood's spiritual leader and 682 other people Monday in the latest in a series of high-stakes mass trials that have been unprecedented in scope, drawing sharp condemnation from international rights groups.

The verdicts — which were appealed by the general prosecutor — come as the military-backed government has launched a massive crackdown against Islamist supporters of ousted leader Mohamed Morsi, under the banner of "war against terrorism"

while tightening its grip on the Arab world's most populous nation.

Suggesting there might be room for reversal, the same judge also reduced the sentences against 529 defendants indicted in a similar case in March, upholding the death penalty for only 37 and commuting the rest to life imprisonment.

Still, the three dozen death sentences that were upheld was an extraordinarily high number for Egypt, compared to the dramatic trial in the wake of the 1981 assassina-

tion of President Anwar Sadat, when only five people were sentenced to death and executed.

Judge Said Youssef said he was referring Monday's death sentences — which were for convictions of violence and killing policemen — to the Grand Mufti, the nation's top Islamic official — a requirement under Egyptian law that is usually considered a formality but also gives room for the judge to change his mind.

Of the 683, all but 68 were tried in absentia.

THE ASSOCIATED PRESS

Railway crossing safety

Transport Canada spending \$9.2M

The federal government says it will spend \$9.2 million this year to improve safety at railway crossings.

The money is being made available as part of a cost-sharing agreement with railways and governments

that have authority over local roads. Transport Canada says the improvements could include installing flashing lights and bells, gate barriers and other devices. The Transportation Safety Board has said there have been 658 accidents over the last 10 years at so-called passive railway crossings, including 59 deaths and 107 serious injuries. THE CANADIAN PRESS

Attack on baby girl

Pit bull to be euthanized

A pit bull that bit a 14-month-old Ottawa girl in the face is being euthanized.

Police say the little girl suffered serious injuries to her face when she was bitten in her home Sunday

while trying to pat the dog, which her family had taken in.

She was taken to the Children's Hospital of Eastern Ontario to be treated for injuries that were described as serious but non-life-threatening.

Her family has declined to update the media on her condition.

THE CANADIAN PRESS

Snake trouble

Austrian stumbles onto large python

Austrian police are looking for the owner of a large python — and the driver who found it may think twice before picking the next spot to stretch his legs.

Police said Monday they

were called to the scene about 100 kilometres west of Vienna after the unidentified driver stumbled onto the 2.5-metre reptile packed in a jute sack in a forest near a highway.

The snake was found late last week. A pet shop has volunteered to temporarily care for it while police look for its owner.

THE ASSOCIATED PRESS

Start of tornado season ravages U.S.; Arkansas hit the hardest

Fatalities also reported in Oklahoma and Iowa. Midwest and South brace for further severe weather

Tornadoes flattened homes and businesses, flipped trucks over on highways and bent telephone poles into 45-degree angles as they barrelled through Alabama and Mississippi on Monday, part of a storm system that killed at least nine people in the South and brought the overall death toll from two days of severe weather in the country to at least 26.

Tens of thousands of customers were without power in Alabama, Kentucky and Mississippi, and thousands more hunkered down in basements and shelters as the National

Weather Service issued watches and warnings for more tornadoes throughout the night in Alabama. Radar images showed a twister heading toward the city of Birmingham shortly after midnight Monday.

Weather satellites from space showed tumultuous clouds arcing across much of the South over the course of the day Monday.

The system is the latest onslaught of severe weather a day after an 800-metre-wide tornado carved a 130-kilometre path of destruction through the suburbs of Little Rock, Ark., killing at least 15.

Six people died in Winston County, Miss., including a woman who died in the daycare centre she owned in Louisville, county coroner Scott Gregory told The Associated Press late Monday.

It was unclear if any children were in the daycare at the time. **THE ASSOCIATED PRESS**



Sherry Lee, left, and her daughter-in-law Amanda Lee react after finding family photos among the ruins of Sherry's home on Cemetery Street Monday. KAREN E. SEGRAVE/THE ASSOCIATED PRESS

Initial reports

Tornado season roared in, causing millions in damage and a death toll still undetermined. Reports are still emerging of the toll on life and property. Among the damage:

- At least 15 dead in Arkansas. Nine dead in Vilonia alone
- One dead reported in Quapaw, Okla. Another reported in southeastern Iowa
- New \$14-million intermediate school in Little Rock, Ark. Completely destroyed
- 100 homes and businesses in Kansas razed. 25 injuries also reported

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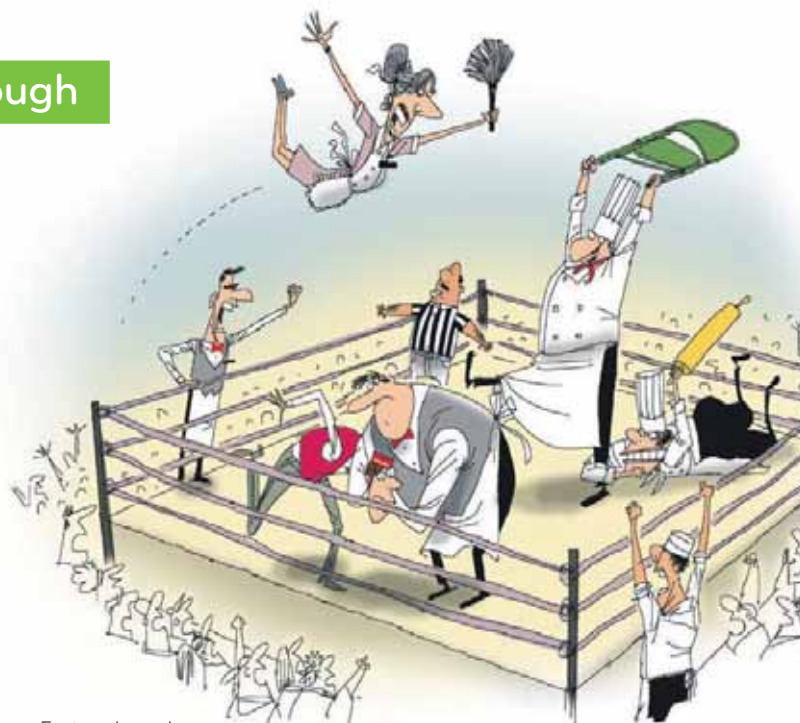
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Air search abandoned. Hunt for missing flight to continue under water

The aerial search for the missing Malaysia Airlines jet was called off Monday, and the underwater hunt will be expanded to include a vast swath of ocean floor that may take at least eight months to thoroughly search, Australian officials said.

Not a single piece of confirmed debris from Malaysia Airlines Flight 370 has been recovered by a massive multinational hunt that began after it disappeared March 8 with 239 people on board.

"It is highly unlikely at this stage that we will find any aircraft debris on the ocean surface. By this stage, 52 days into the search, most material would have become water-logged and sunk," Prime Minister Tony Abbott said.

"Therefore, we are moving from the current phase to a phase which is focused on searching the ocean floor over a much larger area," he said.

The U.S. Navy's Bluefin 21 robotic submarine has spent weeks scouring the initial search area for the plane in the remote Indian Ocean far off Australia's west coast, but has found no trace of the missing aircraft. Officials are now looking to bring in new equipment that can search a larger patch of seabed for the plane, Abbott said.

The aerial search officially



The Bluefin 21 continues the search for MA Flight 370.

PETER D. BLAIR/THE ASSOCIATED PRESS

ended Monday, the search coordination centre confirmed.

Radar and satellite data show the jet veered far off course for unknown reasons during a flight from Kuala Lumpur, Malaysia, to Beijing.

Analyses indicate it would have run out of fuel in the remote section of ocean where the search has been focused.

The unmanned sub has been creating a three-dimensional sonar map of the ocean floor for more than two weeks near where signals consistent with airplane black boxes were heard on April 8. The sub has searched a nearly 400-square-kilometre area.

Australian officials will be contacting private companies to bring in additional sonar mapping equipment that can be towed behind boats to search the expanded area at an estimated cost of \$60 million.

THE ASSOCIATED PRESS

Wrongful convictions. How many more innocent people sit in U.S. jails awaiting death penalty?

Science and law have led to the exoneration of hundreds of criminal defendants in the U.S. in recent decades, but big questions remain: How many other innocent defendants are locked up? How many are wrongly executed?

About one in 25 people imprisoned under a death sentence is likely innocent, according to a new statistical study appearing in the Proceedings of the National Academy of Sciences. And that means it is all but certain that at least several of the 1,320 defendants executed since 1977 were innocent, the study says.

From 1973 to 2004, 1.6 per cent of those sentenced to death in the U.S. — 138 prisoners — were exonerated and released because of innocence.

But the great majority of

Statistical study

"At least 4.1 per cent would be exonerated."

Language taken from new study on estimated amount of innocent people awaiting death penalty in U.S. prisons.

innocent people who are sentenced to death are never identified and freed, says professor Samuel Gross of the University of Michigan Law School, the study's lead author.

The research produced an estimate of the percentage of defendants who would be exonerated if they all remained indefinitely on death row, where their cases would be subject to intense scrutiny for innocence.

THE ASSOCIATED PRESS



Lim Jang-young, 58, volunteer and restaurateur, helps families of victims of the sunken ferry Sewol in Jindo, South Korea. AHN YOUNG-JOON/THE ASSOCIATED PRESS

Volunteers help to ease suffering

Ferry sinking. Death toll expected to rise to more than 300 dead

The mother, slightly drunk, sits on the edge of a wind-blown dock and wails. A Buddhist monk approaches and wipes the tears from her face as she pours out her grief and longing for her missing son. He leads her away from the dock's edge and, as she weeps, chants Buddhist scriptures and sounds a wooden

gong in a prayer for her son's return.

"They are really suffering," said the monk, Bul Il, who came from the southeastern port city of Busan to help the families of the more than 100 still missing in the sunken South Korean ferry.

"It's painful for me to watch their misery," he said, his face peeling and red from long chants on a platform facing the sea.

Bul Il is one member of an impromptu city that has sprung up at this normally sleepy port for the families of

those lost in the disaster.

A sense of national mourning over a tragedy that will likely result in more than 300 deaths, most of them high school students, has prompted an outpouring of volunteers. More than 16,000 people — about half the island's normal population — have come to help.

They handle much of the care that relatives of the missing receive in Jindo as they wait for divers to retrieve the bodies of their loved ones from the wreckage of the ferry Sewol.

Lim Jang-young, a 58-year-old owner of a Japanese restaurant, came to Jindo from the southern city of Daejeon to cook traditional beef soup for family members, other volunteers and journalists.

A man who was eating his soup "showed me a picture of a girl, his daughter, and started crying. I couldn't resist crying with him," said Lim, a father of three. It does not matter to the volunteers that the families do not brim with gratefulness for their work. They want to do more to ease their pain. THE ASSOCIATED PRESS

Recovery efforts renewed for ferry victims

Divers on Monday renewed their search for more than 100 bodies still trapped in a sunken ferry after weekend efforts were hindered by bad weather, strong currents and floating debris clogging the ship's rooms. Investigators,

meanwhile, expanded a probe into how coast guard and other rescuers responded after learning the ferry was sinking.

Divers found only one body Sunday after a week that saw an increasing number of corpses pulled from the ship as

divers made their way through its labyrinth of cabins, lounges and halls.

The number of dead from the April 16 sinking is 188, with 114 people believed missing, though a government emergency task force has said

the ship's passengers list could be inaccurate. Only 174 people survived, including 22 of the 29 crew members.

On Sunday, South Korea's prime minister resigned over the government's handling of the sinking. THE ASSOCIATED PRESS



Mayor shot, pro-Ukraine rally attacked as tensions rise in east



A bloodied man awaits medical assistance Monday after he was beaten by pro-Russian activists in Donetsk, Ukraine. EFREM LUKATSKY/THE ASSOCIATED PRESS

Eastern cities.

Police stand aside as pro-Russia activists beat up demonstrators in Donetsk

The mayor of Ukraine's second-largest city of Kharkiv, a hub of 1.5 million people, was shot in the back Monday morning and hundreds of men attacked a peaceful pro-Ukraine rally with batons, bricks and stun grenades, wounding dozens as tensions soared in Ukraine's volatile east.

In the eastern city of Donetsk, about 1,000 demonstrators carrying Ukrainian flags marched through the streets to hold a pro-Ukrainian rally Monday night. They were attacked by several hundred armed men shouting "Russia!" Police attempted to hold the pro-Russia

men back, but then stood aside as protesters were battered.

Hennady Kernes, the mayor of Kharkiv, was shot in the back Monday morning while cycling on the outskirts of the city, his office said. He underwent surgery and was reported by the hospital to be in "grave but stable" condition.

Kernes' friend and former Kharkiv governor Mykhailo Dobkin told journalists the attackers had aimed at Kernes' heart and wanted to kill him to destabilize the city.

The Russian Foreign Ministry said the events indicate "that it isn't possible to speak of any 'peaceful' pre-election campaign in Ukraine."

Elsewhere in the east, pro-Russia militants wearing masks gained another foothold, seizing a city hall building and police station in the city of Kostyantynivka, 160 kilometres from the Russian border.

THE ASSOCIATED PRESS

New sanctions

Canada, U.S. target Putin's inner circle

Canada is following the United States in once again stepping up the pressure on Moscow over the crisis in Ukraine. Prime Minister Stephen Harper says two Russian companies and nine individuals will face new sanctions.

And he suggests more economic sanctions could be on the way unless Russian President Vladimir Putin follows through on an April 17 agreement that was designed to ease tensions in Ukraine.

A half-dozen CF-18 fighter jets are also sched-

uled to depart Tuesday to assist NATO operations in eastern Europe.

Earlier Monday, the U.S. imposed sanctions on seven Russian government officials and 17 companies linked to Putin. It also revoked licences for some high-tech products used by Russia's military.

The new sanctions were milder than many in Moscow had feared. They did not affect any public companies or major sectors of the economy.

The European Union meanwhile slapped visa bans and asset freezes on 15 individuals alleged to be involved with stoking instability in eastern Ukraine.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

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NBA. Advertisers drop L.A. Clippers from roster amid racism controversy

Advertisers are backing away from the Los Angeles Clippers after racist comments attributed to the NBA team's owner.

Used car dealership chain CarMax, airline Virgin America, and the Chumash Casino Resort said Monday that they are ending their sponsorships of the Clippers in the wake of comments allegedly made by the team's owner, Donald Sterling.

Two other sponsors, Kia Motors America and Red Bull, said they are suspending their advertising and sponsorship activities with the team. Another



A car drives past the CarMax sign at the dealership in Oak Lawn, Ill.

THE ASSOCIATED PRESS

sponsor, insurer State Farm, said it "will be taking a pause in our relationship with the organization."

THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.70¢
(+0.09¢)

TSX
14,530.91 (-2.66)

OIL
\$100.84 US (+\$0.24)

Natural gas: \$4.80 US (+\$0.16)
Dow Jones: 16,448.74 (+87.28)

GOLD
\$1,299 US (-\$1.80)

Dream of self-driving cars stuck in neutral ... for now



The Google driverless car navigating along a street in Mountain View, Calif.

GOOGLE/THE ASSOCIATED PRESS

Not so fast. Google is testing vehicles with a speedy push to market by 2017, but an expert says it will take until 2025

Google says that cars it has programmed to drive themselves have started to master the navigation of city streets and the challenges they bring, from jaywalkers to weaving bicyclists — a critical milestone for any commercially available

Dream to reality?

"We're growing more optimistic that we're heading toward an achievable goal — a vehicle that operates fully without human intervention."

Project director Chris Urmson, in a blog post

self-driving car technology.

Despite the progress over the past year, the cars have plenty of learning to do before 2017, when the Silicon Valley tech giant hopes to get the technology to the public.

None of the traditional automakers has been so bullish. Instead, they have rolled out features incrementally, including technology that brakes and accelerates in stop-and-go traffic or keeps cars in their lanes.

"I think the Google technology is great stuff. But I just don't see a quick pathway to the market," said David Alexander, a senior analyst with Navigant Research who specializes in autonomous vehicles.

His projection is that self-driving cars will not be commercially available until 2025.

Google's self-driving cars already can navigate freeways comfortably, albeit with a driver ready to take control.

THE ASSOCIATED PRESS

Feds could balance budget

The federal government may be able to finally eliminate the deficit as early as this current fiscal year, but the achievement will have come at some cost to economic growth and jobs, the country's budget watchdog says.

Parliamentary Budget Officer Jean-Denis Frechette's report estimates federal spending curbs have helped keep the government's costs in check, and will likely lead to a virtual balanced budget one year ahead of schedule

in the current 2014-15 fiscal year.

"Prospects for budgetary surpluses are higher over the outlook than in (October's previous report) due to a combination of an improved economic outlook and measures in Budget 2014, in particular further planned restraint in direct program expenses," Frechette's report states.

"PBO estimates the likelihood of realizing a budgetary balance or better is approxi-

mately 50 per cent in 2014-15, and more than 60 per cent in 2015-16 and beyond."

But the restraint will likely shave about 0.5 per cent from the economy by 2016 and result in about 46,000 fewer jobs, the report goes on to say.

The PBO forecasts the economy is likely to advance by 2.1 per cent this year, rising to 2.7 in 2015, and remain above its potential growth rate until 2018.

THE CANADIAN PRESS

Xbox original shows coming



When it comes to original programming, Microsoft is going to throw it at the Xbox and see what sticks.

After nearly two years since launching a studio to create new shows to be streamed on Xbox consoles, Microsoft is finally ready to serve an assorted helping of original programming this summer for the Xbox 360 and Xbox One. However, viewers shouldn't expect Xbox Originals, as they're

called, to be available the same way that content is provided on Netflix and Hulu.

"We don't necessarily know what approach will work, and we don't necessarily know what approach won't work," noted Nancy Tellem, the president of Xbox Entertainment Studios

during a recent press preview of Xbox Originals at Microsoft's offices in Santa Monica, Calif.

THE ASSOCIATED PRESS



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WE'RE OUT THERE. JOIN US.

HAVE THE 'BURBS LOST THEIR APPEAL?

After living in the city for seven years, I've come to love the idea of starting a family in an urban setting. Unfortunately my boyfriend, who was actually born and raised in the city, has romantic visions of relocating to a sprawling home with a large backyard, a finished basement and neighbours who actually talk to one another.

Earlier this month, the New York Times published an article about the dwindling populations of North American suburbs. In the past, young men and women moved to the city for a brief period of time to attend university and start their careers before returning back to their hometowns when it came time to settle down.

Today, these migratory patterns are changing as an increasing number of people in their 20s and 30s are relocating to urban areas and opting to stay there for good. More



SHE SAYS
Jessica Napier
metronews.ca

and more young professionals are choosing to forgo the front lawns and spacious driveways of suburbia in favour of a more dynamic life, with kids, downtown.

I spent my teenage years coming of age in an idyllic lakefront suburb where almost all of the designer homes came with their own swimming pool. I went to a "good" school populated by beautiful WASP-y teenagers who could have starred in their own reality show about moneyed suburbanites.

It wasn't an exciting place — I spent countless hours driving along identical tree-lined residential streets to strip malls filled with fast-food chains — but it was safe and comfortable, which are desirable qualities when you're looking for somewhere to raise your kids.

So why are these picture-perfect peripheral towns now

failing to lure young families back from the city?

The suburbs might have space and privacy, but cities have character — and plenty of characters — that you just don't find in the homogeneous communities that surround them. And while a congested and unpredictable downtown might not seem like the ideal place for young children, urban environments do have a distinct allure.

Cities offer walkability, mass transit, independence and a vast array of entertainment options. Families have access to museums, galleries, restaurants, street festivals, sporting events and theatrical productions every day of the week. I'd be willing to sacrifice some square footage if it meant giving my future children the opportunity to enjoy the unique benefits that come with living in a demographically diverse and densely populated urban area.

They say the grass is always greener on the other side — except downtown, where the metaphorical grass is a slab of concrete — but I just can't imagine moving back to the 'burbs.

ZOOM

Mauled eagle



Photographer Stan Rife captured this image about 46 metres away from the battling birds. "I stayed at a distance as eagles are cautious and won't hesitate to fly off if they spot you. Even from where I was photographing, I could definitely hear a pretty loud thud or thump as the eagles made contact." COURTESY STAN RIFE/SOLENT NEWS

Bald eagle claws off rival for food

This bald eagle took a bit of a battering as a rival clawed his face in a fierce airborne fight.

The white-headed birds of prey grappled with each other in a row over fish that descended into a tense battle of the fittest.

Photographer Stan Rife, 55, watched the feathers fly during the scrap near the Great Salt Lake, located in the northern part of the U.S. state of Utah. **METRO**

Fishy reasons

"I'd say 99.9 per cent of fights are over fish. One eagle will land and start to feast on a catch, and then another will come and try to steal it away."

Stan Rife, 55, wildlife photographer

Bald-eagle facts

- **Wingspan.** Up to 230 cm.
- **Plucky flock.** Bald eagles have some 7,000 feathers.
- **Speed.** Over 56 km/h in flight and up to 160 km/h in a hunting dive.
- **Symbol.** Adopted in 1782 as U.S. national coat of arms. "Founding father" Benjamin Franklin was against the move due to bird's roguish behaviour.

METRO AUGMENTED REALITY

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MetroTube

Lag: It's way funnier in real life



ANDREW FIFIELD
metronews.ca

Lag. We'll pause for a moment while you spit out the bad taste that word leaves in your mouth. But what if lag's effects weren't restricted to the Internet?

Well, it might look a little like this experiment involving an Oculus Rift, a webcam, hapless volunteers, some missed dance steps and — most importantly — a broadband Internet company's advertising dollars. If you're going to lag IRL, you're going to need to break a few eggs. And ruin a table tennis game. And ... (Via Umeaenergy on YouTube)



SCREENGRAB



SCENE 2

M.I.A. talks divinity, art and holograms

Matangi. New album inspired by deity 'who looks and sounds like a woman who goes out there and fights for truth and justice'

PAT HEALY
Metro World News

Earlier this month M.I.A. and Janelle Monáe sang and danced with holograms of each other while each singer performed on an opposite coast of America. Although M.I.A. says she enjoyed the experience, it's unlikely you'll see her do much more of this sort of thing soon.

"You have to have these mirrors and carefully positioned equipment, and at the moment my shows are a bit unpredictable," says M.I.A. "I'd want to have something pre-choreographed and worked out and I never have that type of show. I couldn't bring the crowd up onstage if I had it."

Does incorporating high theatrics into your shows mean you have to compromise spontaneity?

I like being the artist that can be like that, where it's not so precious. I think we're living in a time where of course there's pressure for me to become a theatrical production like *Glee* or something and for my show to become a well-organized, choreographed thing like a pop show.

It's like, "The pressure's on, bitches." Everybody's sort of supposed to become that thing. At least that's what's considered good entertainment. So if you're bringing something to the table that's more about the energy and the vibe of what's going on that night, then it's difficult, but I might try to figure that out and see about that.

With Matangi, you liken yourself to the Hindu goddess who gives the album its title. Could this idea of finding god within yourself be a trend in the collective consciousness of artists? Kanye West certainly explores it on the Yeezus album.

I didn't really come at it like that because the journey to do with me is using exactly



M.I.A. says she resists pressure to turn her shows into "a theatrical production like *Glee* or something." GETTY IMAGES



M.I.A. performs with a hologram of Janelle Monáe. GETTY IMAGES

the same set of codes, but telling a different story with it. It's not a newly constructed set of codes. It's exactly the same one as the first album and the second one, and the third one and the fourth one, whereas with Kanye, the album before he says he's Jesus is about complete excess and being a king and royalty

and money and wealth and having fur coats and flying a private jet, so the next one is a totally different concept.

But mine is more of a progression because it's like you're still working on the concept of the name of M.I.A. and what that stands for and people representing untouchables and people that

Why Matangi?

M.I.A. says the goddess Matangi is "exactly the things that we are all about today, like the fact that she carries a parrot who tweets and it represents human speech and consciousness and how repetitive it can become and the value of life. You know, we tweet certain concepts, and don't retweet certain concepts. All of these things are connected to that goddess, so she seemed quite appropriate, and fun at the same time."

live in a certain demographic, and you're still talking about fighting for things. The deity is still somebody who looks and sounds like a woman who goes out there and fights for truth and justice, speaking out and freedom of expression, all of these things which have always been a theme in my work. ... It's not really "I am a god." It's kind of saying, "This thing is weird," and I found her only because the goddess is called the same name, but the things she represents were important things 5,000 years ago, but they're also still important today.

How did you come to know of Matangi? Was it something you grew up with in your culture?

It wasn't really something that I felt that connected to. ... I sort of fell upon it. Everything sort of works like that. It's about your experience and it's about what you're doing in the day, and the things that concern me in my life. I'm just directing my first video for *Double Bubble Trouble*, and even that process is exactly the same; you walk down the street, you see something and shoot it, and it goes in the video.

So I'm not supposed to ask you too much about the NFL ordeal where they're suing over the middle finger on national television. Is that because you're tired of talking about it or because of the legal implications?

It's a legal thing and nothing's really been sorted out so I don't really know what to say.

DVD reviews



Labor Day

Director. Jason Reitman

Stars. Kate Winslet, Josh Brolin, Gattlin Griffith

A lonely single mom (Kate Winslet) getting her groove back through the Mr. Clean ministrations of a prison escapee (Josh Brolin) is the kind of eye-rolling scenario writer/director Jason Reitman would usually mock.

And the laughs would be welcomed, not the unintended kind that this glossy melodrama frequently summons.

The two fine actors are defeated by Reitman's screenplay, his irony-free adaptation of Joyce Maynard's 2009 novel. It's as overripe as the peaches that Brolin's Frank sexily folds into the pie he bakes for Winslet's Adele.

At no point does the film convince us that Frank is the least bit dangerous. Fatally, neither does it make us care about whether he and Adele will go from doing the rumba in the living room to the horizontal mambo in the bedroom.

The Selfish Giant

Director. Clio Barnard

Stars. Conner Chapman, Shaun Thomas, Sean Gilder

Not the Oscar Wilde children's story, more an inspired take on it in the kitchen-sink style of a Ken Loach drama.

The tragedy of Britain's underclass fatefully unspools in this sophomore feature by writer/director Clio Barnard (*The Arbor*), who guides casting finds Conner Chapman and Shaun Thomas to memorable performances as juvenile wire thieves who risk all for gain and greed.

Barnard is as skilled at conventional storytelling as she was with the formal experiments of her debut.

PETER HOWELL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Look at that hair, look how it shines on Styles...

MELINDA TAUB

Metro World News

Now that Chris Martin and Gwyneth Paltrow are consciously uncoupled, let's all try to guess who Martin will couple with next. How about One Direction heart-throb Harry Styles?

The Coldplay frontman says he's a huge fan of One Direction — Styles in particular. "I'm saying One Direction are brilliant, and



I'm not kidding. You know why? Because their songs are really good and I don't think that any of them are going to go solo," he told the BBC.

Chris doesn't just admire their musical prowess and

comradeship: He also, like all humans with a pulse, thinks Harry Styles is cute as all get out.

"He has come to a couple of our shows. I think I probably said the same thing about chemistry. I can't remember — I was too enamoured with his haircut. I was like this: 'I was pretty sure I was a straight guy before.' I was having a hot flush," he said.

Good to know that Harry Styles' stupid adorable floppiness works on adults who should be even less susceptible than me. However, Chris Martin does have a 10-year-old daughter, so he'd better be discreet about his affection or he might find himself in a Tumblr feud with Apple.

It's Hardy to be sure if this guy got hitched or not

Tom Hardy is apparently trying to get adjusted to married life before actually tying the knot, as he's been perplexing reporters recently by already referring to fiancée Charlotte Riley as his wife despite the fact that they haven't actually tied the knot yet, according to Us Weekly. "Well, my wife is an actor as well, so she sort of gets it," Hardy told the magazine at a recent event to promote his new film, *Locke*, in New York. "Apart from that, I'm a pain in the ass, really." Hardy also referred to Riley as "pure" and "very kind." The couple met while filming *Wuthering Heights* in 2009 and were engaged a year later. No wedding date has officially been set yet — assuming the event hasn't already happened.

Details of Geldof's death may come to light as inquest begins



Peaches Geldof

A British coroner will open an inquest this week into the death of Peaches Geldof and may reveal details of what killed the 25-year-old celebrity.

Kent County Council says a brief inquest hearing will be held Thursday. The council said in a statement Monday that a senior police officer will read a statement and the coroner will release the results of a post-mortem investigation.

The model and TV person-

ality, daughter of Live Aid organizer Bob Geldof, was found dead at her home south of London on April 7. An initial autopsy was inconclusive and toxicology tests have been carried out.

Inquests are held in Britain to determine the facts in sudden, violent or unexplained deaths.

After the opening hearing, the inquest will be adjourned until later in the year.

THE ASSOCIATED PRESS



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Feel full, not fat

Being hungry and being on a diet are two very different things. Dr. Joel Fuhrman, a nutritionist and author of Eat to Live, breaks down whole foods that will fill you up and do you good.

ROMINA MCGUINNESS, METRO WORLD NEWS

Nutrition data from My Fitness Pal



Red kidney beans (cooked, 100 g)

WHY: "Beans are digested slowly, stabilizing blood sugar levels and reducing feelings of hunger. They're also high in resistant starch, a type of carbohydrate that is not absorbable by the body as calories."

Calories: 32 / Total fat: 0 g / Sugars: 5 g / Protein: 1 g / Dietary fibre: 2 g / Total carbs: 8 g



Strawberries (chopped, 100 g)

WHY: "Naturally sweet and low in sugar, strawberries don't raise blood glucose levels like a banana or date would."

EAT ABOUT: 200 g

Calories: 32 / Total fat: 0 g / Sugars: 5 g / Protein: 1 g / Dietary fibre: 2 g / Total carbs: 8 g



Chia seeds (100 g)

WHY: "These act like a fat sponge in the digestive tract."

EAT ABOUT: 2 tbsp

Calories: 490 / Total fat: 31g / Sugars: 0g / Protein: 16g / Dietary fibre: 38g / Total carbs: 44g



Walnuts (raw, 100 g)

WHY: "These are rich in omega-3 fatty acids, a natural anti-inflammatory. Walnuts also contain plant sterols, which bind fat and put it in your stool so that the calories are not biologically available to the body."

EAT ABOUT: A handful

Calories: 654 / Total fat: 65 g / Sugars: 3 g / Protein: 15 g / Dietary fibre: 2 g / Total carbs: 14 g



Tomatoes (raw, 100 g)

WHY: "Tomatoes are high in the carotenoid antioxidant lycopene. Lycopene helps to defend the body's tissues against oxidative damage, a natural by-product of our metabolic processes."

EAT ABOUT: The more the better

Calories: 32 / Total fat: 0g / Sugars: 3 g / Protein: 1 g / Dietary fibre: 1 g / Total carbs: 3 g



Broccoli (raw, 100 g)

WHY: "Dark green vegetables are packed with nutrients and are so low in calories that they can be consumed in virtually unlimited quantities."

EAT ABOUT: The more the better

Calories: 39 / Total fat: 1 g / Sugars: 2 g / Protein: 4 g / Dietary fibre: 3 g / Total carbs: 2 g

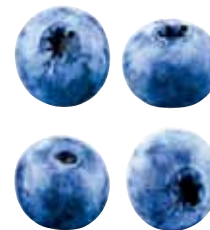


Mushrooms (raw, 100 g)

WHY: "They contain powerful angiogenesis inhibitors. In other words, they prevent new blood vessel growth that is needed for fat tissue growth."

EAT ABOUT: 20 g

Calories: 22 / Total fat: 0 g / Sugars: 2 g / Protein: 3 g / Dietary fibre: 1 g / Total carbs: 3 g



Blueberries (frozen, 100 g)

WHY: "These are a good source of dietary fibre and have a low glycemic load (the impact of carbohydrates on blood sugar levels)."

EAT ABOUT: 120 g

Calories: 51 / Total fat: 1 g / Sugars: 8 g / Protein: 0 g / Dietary fibre: 3 g / Total carbs: 12 g

Walking exercise intervention for people with knee osteoarthritis study at UBC

The Motion Analysis and Biofeedback Lab at the University of British Columbia is seeking volunteers with knee osteoarthritis for a study. The study consists of a knee radiograph, three 2 hour visits at UBC to assess walking characteristics, and a four month supervised walking exercise program.

INCLUSION CRITERIA:

- 50 years of age or older
- diagnosed with knee osteoarthritis

EXCLUSION CRITERIA:

- use of a gait aid
- previous knee or hip replacement
- significant neuromuscular impairment (i.e. Parkinson's, previous stroke, diabetes)

Visit www.mablab.rehab.med.ubc.ca, or contact
Chris: 604-822-7948 or mablabstudies@gmail.com
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**SPRING
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2014**

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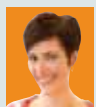
SpringSprint.ca



Just add cheese for pancakes 2.0

Health Solutions

Everybody say, 'Sheep's) cheeeese'



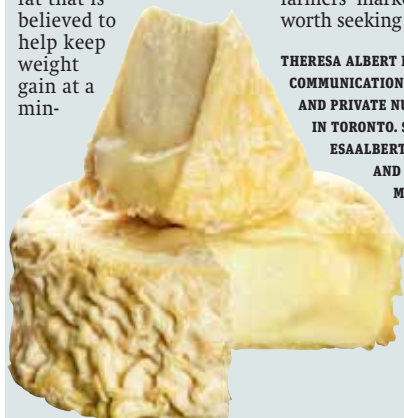
NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Sheep's and goat's milk cheese are a staple all over the world. We Canadians have a lot of exploring ahead of us.

Some of the benefits of these delicious options:

- People with dairy digestive issues tend to have an easier time getting the goodness of milk without the downsides of their intolerance.

- Milking sheep and goats have a much higher CLA (conjugated linoleic acid) amount. CLA is a good fat that is believed to help keep weight gain at a min-



imum.

- Sheep's milk has almost twice the calcium and protein of cow or goat milk.

- Both have unique and distinct tastes that can be made into any type of cheese: soft, washed rind like brie, or aged like cheddar.

I had the chance to milk sheep and I was surprised by how clean, gentle and sweet-smelling they were.

That warm, soft smell comes from a wax that their skin produces called lanolin. Yep, the same lanolin that you see as an ingredient in your hand cream (which may explain why my hands were remarkably soft for an entire day).

Small sheep and goat farms are dotted across the country, producing artisan cheeses that are sold onsite or in small boutique and farmers' markets. Well worth seeking out.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This makes four to six servings. THERESA ALBERT

Soft sheep's ricotta or goat chèvre work equally well in this recipe. If you choose goat cheese, you'll have more zing!

Pancakes are not just sweet food anymore. Think of Japan's okonomiyaki or French crepes. Both serve up fast, comfort food with flavour to spare.

These can easily be made gluten free by choosing an appropriate pancake mix.

1. Mix together pancake mix, ground almonds, wheat germ, garlic powder, white pepper with a whisk.

2. Mix eggs, ricotta and milk.

3. Mix the two together while you heat a skillet.

4. Fry like pancakes on one side until bubbles form, flip once.

5. Top with extra cheese and mango chutney.

Ingredients

- 2 cups pancake mix or gluten free pancake mix
- 1/2 cup ground almonds
- 1/2 cup wheat germ (omit if gluten free)
- 1 tsp garlic powder

- pinch white pepper
- 3 eggs
- 6 oz ricotta cheese, divided (or any soft sheep or goat cheese)
- 3 cups milk or goat milk
- mango chutney

THERESA ALBERT, NUTRITIONIST, IS FOUND DAILY AT MYFRIENDINFOOD.COM

A delicious melt called patty

1. In heavy-bottomed sauté pan over medium heat, combine olive oil and butter. When butter is melted, add salt, 3 tablespoons of vinegar, and onion rings. Cover and cook for 20 minutes, stirring occasionally.

2. Remove cover and cook, stirring occasionally, another 10 minutes, or until onions are all deep golden colour. When onions are done, transfer to bowl and immediately drizzle remaining vinegar over them. Stir to combine, then set aside.

3. When ready to cook burgers,

prepare grill for direct, medium heat cooking.

4. Being careful not to overwork meat, season sirloin with salt and pepper, and mix until

Ingredients

For the onions

- 2 tbsp extra-virgin olive oil
- 1 tbsp unsalted butter
- 1 tsp kosher salt
- 4 tbsp balsamic vinegar
- 3 large yellow onions, sliced into rings

combined. Gently shape the meat into 4 oval patties of equal size and thickness.

5. Use thumb to make an imprint in centre of each patty.

For the burger

- 1 lb ground sirloin
- 1/4 tsp kosher salt
- 1/4 tsp ground black pepper
- 8 slices of fresh rye bread, toasted
- 8 large slices of Swiss cheese

Place each patty directly on the cooking grate and grill for 4 minutes. Turn and continue grilling until the meat is no longer pink, another 4 to 5 minutes. Once the patties are made and grilled, transfer to a platter.

6. Meanwhile, begin to assemble patty melts by layering each piece of rye toast with slice of cheese. Take bread to grill and place directly on clean cooking grates for 2 minutes, or until the cheese begins to melt and the bread is warm.

7. Once the cheese has melted,



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

transfer each burger patty to one slice of bread. Divide the onions between the remaining 4 slices of bread, then assemble

into 4 sandwiches.

THE ASSOCIATED PRESS/ ELIZABETH KARMEI, AUTHOR OF SOAKED, SLATHERED AND SEASONED

Lulay still progressing after shoulder surgery

CFL. Lions starting quarterback did light tossing on Day 1 of the club's mini-camp



CAM TUCKER
cam.tucker@metronews.ca

Strapped to Travis Lulay's helmet for the first day of B.C. Lions mini-camp was a small GoPro camera, which could perhaps offer an authentic visual of the movements involved at his position.

A camera with that viewpoint, however, might not be able to properly read or provide great detail into the health of Lulay's throwing shoulder, which he had surgery on in November.

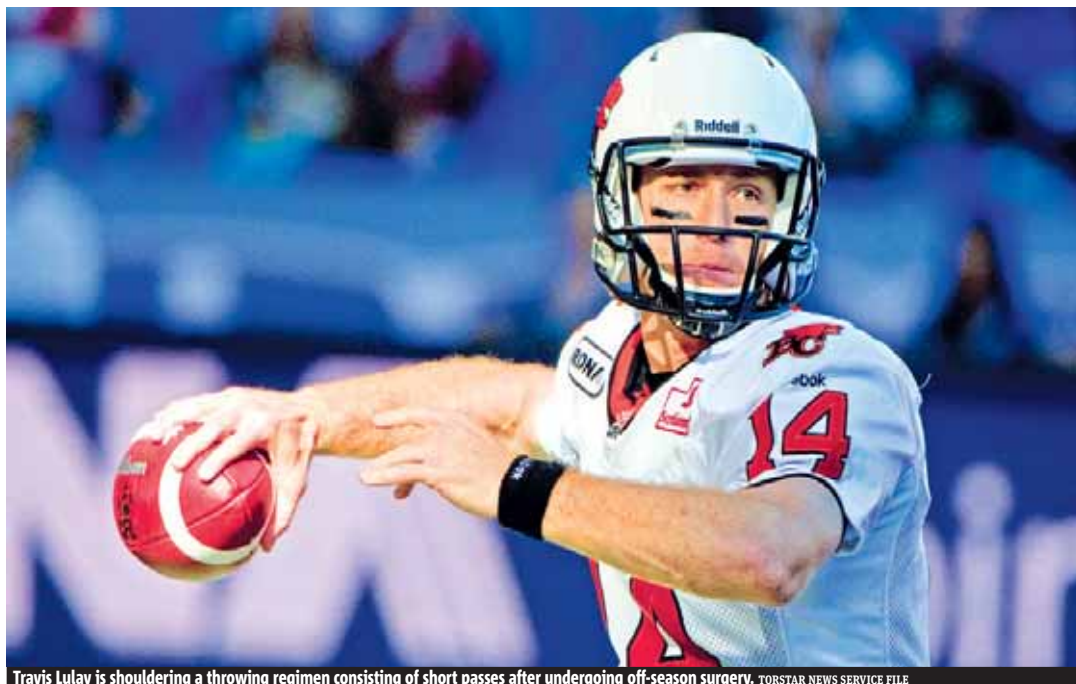
Monday marked the first day of the Leos' mini-camp at their Surrey facility.

Lulay, the 30-year-old franchise quarterback, didn't fire off any long, arching passes; his regimen consisted mostly of short tosses — no sense trying to throw a Hail Mary at the end of April when there isn't a regular-season game for another two months.

"I'm on the way. Mentally I'm doing good and we continue to get better," Lulay told reporters.

"I'm five months out from the operation. I still have a little ways to go but we have a little bit of time still left. I'm counting my reps."

Lulay's 2013 season was disrupted by an injury to his right shoulder, suffered in a



Travis Lulay is shouldering a throwing regimen consisting of short passes after undergoing off-season surgery. TORSTAR NEWS SERVICE FILE

collision at the goal-line on a touchdown run.

Concerns about Lulay's recent injuries are magnified by the fact the Lions are searching for depth at the quarterback position, with the departures of Buck Pierce into retirement and Thomas DeMarco in the CFL expansion draft.

The Lions also released Joey Elliott for a second time in less than a year.

Chris Hart, who signed last year as a free agent and spent last season on the practice roster,

returns to the club.

He's joined fighting for backup spots by former NFL pivot John Beck, Jarrett Lee and, presumably, Steven Jyles.

Jyles, an off-season signing with seven seasons of CFL experience, was absent from Monday's session.

"He's got some decisions to make. He's got some family commitments and job opportunities he's got to take a look at," said Benevides of Jyles.

"The fact that he's not here, he's not here. I'll concentrate and focus on the other guys."

Jones' to get to work

Khari Jones, the club's offensive co-ordinator since December, and Joe Paopao, the receivers coach, wasted no time asserting themselves during Monday's session.

- For Jones, the mini-camp with the offensive players is the first time he will get to coach them and integrate his system on the practice field before

the start of training camp, scheduled for the beginning of June.

- "It will take some time to get that terminology all the way right. I told the guys, it's natural to lean on what you know already. The sooner we can all speak the same language the better," said Jones.

Whitecaps launch Ring of Honour to mark 40th anniversary



Bob Lenarduzzi will be the first inductee in the Whitecaps Ring of Honour.

GETTY IMAGES FILE

The celebration of the Vancouver Whitecaps' 40th season will bring about a new tradition, as the club announced Monday the launch of a new Ring of Honour.

Bob Lenarduzzi, the club's current president, will be the first inducted at the Whitecaps' next home match, which is Saturday against the San Jose Earthquakes at BC Place Stadium.

The club will induct three more members into the Ring of Honour this year, including Carl Valentine, the late Domenic Mobilio and Andrea

April showers bring May ...

0-2-2

Vancouver's local Major League Soccer side went 0-2-2 in four games in April.

Neil.

"When we decided to launch our Ring of Honour, we were looking for people who have left a lasting legacy," said Rachel Lewis, the Whitecaps' chief operating officer, in a statement.

"Bobby, Carl, Domenic

and Andrea represent exactly what this club has always stood for, and each of them have made remarkable contributions to our club and community. They're exceptionally deserving of being the first four inductees."

The Whitecaps will also celebrate their 40th anniversary on Saturday. The club's first ever match was May 5, 1974, against the Earthquakes.

This year's edition of the Whitecaps is coming off a come-from-behind draw on the road against Real Salt Lake. **METRO**

Lucic loves the heat from playoff hate

Enemy No. 1. Bruins forward relishing role as villain after spearing Red Wings' DeKeyser in first round

According to fans at Joe Louis Arena, "Lucic sucks."

The chants rained down from the sellout crowd during Game 4 last week, animosity built up after Milan Lucic speared Detroit Red Wings defenceman Danny DeKeyser and because of the way the Boston Bruins winger plays on the edge between the whistles and after.

Then Lucic scored the tying goal, silencing the building and helping the Bruins take a commanding lead in the series they wrapped up Saturday. Asked if the chants made scoring that goal more satisfying, the Vancouver native just smiled.

"I'd be lying if I said no," he said. "I mean, any athlete wouldn't be lying if they said it doesn't. It was good to get that one."

Lucic fits the bill as the perfect playoff villain, and certainly not just in Detroit. His role as a hated opponent is sure to ramp up in the second round against the Montreal Canadiens as part of an intense rivalry where tempers tend to flare.

Last month Lucic called Habs defenceman Alexei Emelin in a "chicken" for delivering a low hip check on him. This is the fourth series in the past seven years between Boston



Milan Lucic, right, of the Bruins celebrates scoring a goal against the Red Wings with teammate Jarome Iginla during Game 5 of their first-round playoff series in Boston on Saturday. Lucic is shaping up to be a formidable villain this playoff season but he certainly wouldn't be the first. Scan the above image with the Metro News app to view a gallery of hockey's greatest villains. JARED WICKERHAM/GETTY IMAGES

Takes one to know one

"He just runs around out there, he's a force in himself. He's a great guy to have on our team."

Brad Marchand on his Bruins teammate Milan Lucic

and Montreal, and given fans' and players' long memories, that remark won't be forgotten when the teams take the ice at Bell Centre for Games 3 and 4.

That's OK with Lucic, a player who seems to thrive when being booed and heckled.

"That's the beauty of sports: The fans get into it and it's what makes it fun as well, especially in a playoff series type of atmosphere," the 25-year-old said last week in Detroit. "You can't let it get the best of you. You want to try to get out there

and create that satisfaction for yourself and come up with a big play."

Lucic came up with a handful of big plays as the Bruins dispatched the Red Wings in five games. He had three goals and an assist combined with just one minor penalty.

No penalty was called on Lucic for deliberately spearing DeKeyser in the groin area from behind in Game 1, and he was not suspended. Instead, the NHL fined him \$5,000.

THE ASSOCIATED PRESS

NBA playoffs. Doc Rivers passes on chance to talk with Donald Sterling

Los Angeles Clippers coach Doc Rivers said he declined a chance to speak with owner Donald Sterling, who is alleged to have made racist comments in a recorded conversation.

"I was asked (if) I need to talk with Donald, and I passed, quite honestly," Rivers said Monday. "I don't think right now is the time or the place, for me, at least. I just took a pass."

Sterling is purported to have told a woman not to bring black people to his games or associate with them.

"Yeah, I believe he said those things. But I still want to make sure," Rivers said during a conference call. "As far as believing those things? I heard what he said. Until someone tells me differently, you usually listen to what people say. I haven't given him his due



Doc Rivers THE ASSOCIATED PRESS

process. I haven't given him an opportunity to explain himself and quite honestly right now I don't want him to. I want to wait for that further judgment."

The coach cancelled practice Monday, a day after a 118-97 loss to the Golden State Warriors that evened their playoff series at 2-2.

THE ASSOCIATED PRESS

NBA playoffs

Hawks a win away from ousting Pacers

Mike Scott made five three-pointers during a 30-6 second-quarter run and Atlanta fended off a furious fourth-quarter rally to beat top-seeded Indiana 107-97 and take a 3-2 lead in the best-of-seven series.

Atlanta can clinch the first-round series at home Thursday.

Scott scored all 17 of his points during a 12-minute stretch when Atlanta went 13 of 16 from the field and outscored Indiana 41-19 to take a 61-40 halftime lead. THE ASSOCIATED PRESS

NBA playoffs



"I believe if it was me, I wouldn't come to the game."

I believe the fans, the loudest statement that they can make as fans is to not show up to the game."

Golden State Warriors coach Mark Jackson responding to questions Monday about how fans should react to the purported comments of Clippers owner Donald Sterling telling a woman not to bring black people to his games or associate with them. NBA commissioner Adam Silver will hold a news conference in New York Tuesday where he could reveal sanctions the league will impose on Sterling. The Warriors and Clippers play later at Staples Center with their series tied 2-2.

Malkin leads Pens in shedding Jackets



Penguins Matt Niskanen, right, Evgeni Malkin and Sidney Crosby celebrate one of Malkin's three goals against the Blue Jackets during Game 6 of their first-round playoff series Monday in Columbus. JAY LAPRETE/THE ASSOCIATED PRESS

Evgeni Malkin had a hat trick and the Pittsburgh Penguins almost blew a four-goal lead before beating the Columbus Blue Jackets 4-3 on Monday night to clinch their first-round playoff series in six games.

The Blue Jackets, closer to making tee times than thinking about a Game 7, scored three times in a 4:52 span in the third period to turn up the pressure on the Penguins.

Pittsburgh awaits the winner of the New York-Philadelphia series, with the Rangers leading 3-2 going into Tuesday

Game 6

4

Penguins

3

Blue Jackets

night's Game 6.

Brandon Sutter also scored and Matt Niskanen had two assists as the Penguins became the first team in the series to score first and win — but bare-

ly. Marc-Andre Fleury made 24 saves.

Fedor Tyutin, Artem Anisimov and Nick Foligno scored late to thrill a crowd of 19,189 who stood and roared for the final four minutes.

The Penguins were hard pressed to just fight off the upstart Blue Jackets after goalie Sergei Bobrovsky, who also had 24 saves, was pulled for an extra attacker with under two minutes left.

It was Malkin's 10th career three-goal game.

THE ASSOCIATED PRESS

Wild 5, Avalanche 2

Zach Parise scored early and late on tipped shots, and the Minnesota Wild tacked on two empty-netters for a 5-2 victory over the Colorado Avalanche on Monday night that sent the first-round playoff series to a Game 7.

- Parise and Mikko Koivu each had two assists. The teams will meet again in Denver on Wednesday night, with the winner taking on the defending Stanley Cup champion Chicago Blackhawks.

Horoscopes

Aries

March 21 - April 20

You will be quick off the mark both physically and mentally today, especially if you see a chance to make some money.

Taurus

April 21 - May 21

You feel like you can take on the world and win – and most likely you can. Today's eclipse in your sign endows you with the confidence to try things that at others times might scare you.

Gemini

May 22 - June 21

You are paying far too much attention to what other people are saying and not enough to what your heart is telling you. You just need follow your own inner voice.

Cancer

June 22 - July 23

Something you have been worrying about for ages won't bother you any more. Most likely that is because you are starting to focus on issues that really matter rather than issues that are of no importance.

Leo

July 24 - Aug. 23

Today's solar eclipse in the career area of your chart will give you the energy and the confidence to put yourself forward and let people in positions of power and authority know you are special.

Virgo

Aug. 24 - Sept. 23

Voices may be raised over the next 24 hours but if you adopt the right attitude it will pass by and leave you unscathed. What you need most right now is a sense of humour.

Libra

Sept. 24 - Oct. 23

There is no point arguing with people who simply refuse to see sense. It may be tempting to show them up with your knowledge but why bother?

Scorpio

Oct. 24 - Nov. 22

You will be extremely energetic today but the solar eclipse in your opposite sign of Taurus means you cannot expect to get everything your own way. Some of your rivals are every bit as relentless as you.

Sagittarius

Nov. 23 - Dec. 21

You may find it hard to be patient today but stay in control and don't let your temper get the better of you. The planets warn if you get annoyed you could do yourself harm.

Capricorn

Dec. 22 - Jan. 20

You can expect some kind of breakthrough over the next 24 hours, the kind you will remember for years to come. Whatever it is you dream of you know it can be done.

Aquarius

Jan. 21 - Feb. 19

Make sure you get the up front support of loved ones before embarking on a new course of action. Try to persuade them that what you desire will also be good for them.

Pisces

Feb. 20 - March 20

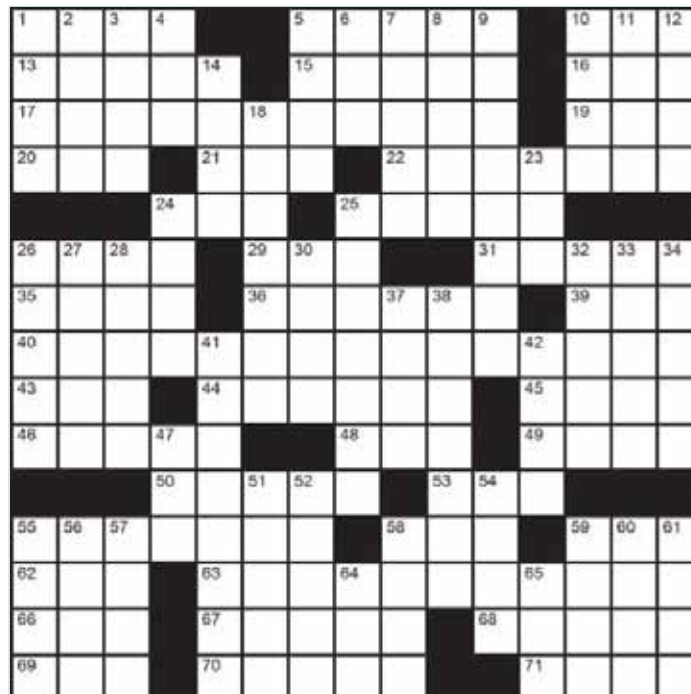
The message of the stars today is that you need to stop wasting time on so many irrelevant activities. Cut back on the partying and all those unnecessary commitments.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Toronto electronic music duo, ___ Dead
5. 'Great'-meaning prefix to 'fy' or 'ficient'
10. Financial exec's degree
13. Mr. Flynn
15. Ozone-damaging refrigerant
16. 'Eight' ender
17. Mariner's mercantile mission mapways: 2 wds.
19. ___ fashioned
20. Nova Scotia hrs.
21. Bard's 'through-out'
22. Winnipeg, 'The ___ to the West'
24. Demise
25. The ___ (Irish siblings band)
26. New news
29. Tetley drink
31. Basket-making fibre
35. Swill
36. Gloria ___ (High-profile American lawyer)
39. Tuber serving
40. "Hot Tonight" band from Newmarket, ON: 3 wds.
43. Excavated material
44. Barker's boarding building
45. Prefix with 'dynamic'
46. Comic strip square
48. "And if your heart's strong, hold ___ won't delay." - The Beatles, "Wait"
49. Attraction
50. Parrot
53. "Gangnam Style" artist
55. Parade bigwig
58. Creature in ancient Egyptian art
59. The ___, Manitoba
62. Toronto's Dan-



- forth, e.g.
63. 'Very boring' job in "Echo Beach" by Martha & The Muffins: 2 wds.
66. Family
67. Intended
68. Cliff nest, variably
69. Peculiar
70. PGA, et al.
71. Fret

Down

1. Greek alphabet's 6th letter
2. Blunders
3. "Shucks!"
4. Lawn roll
5. "Dial ___ Murder" (1954)
6. Indonesia's ___ Islands
7. Square-one
8. ___ for music (Not exactly a maestro)
9. Good way to take things: 2 wds.
10. Woof's counter-part
11. Mr. Lugosi
12. Mr. Warhol
14. Mr. Trotsky
18. Bureaucrat's

- adhesive?: 2 wds.
23. 'Heir' suffix
24. Behold
25. Infomercial's prompt to order: 2 wds.
26. Impede
27. Plant'life
28. Commuter's payment
30. Father-in-law for Esau
32. Jesse ___ Ferguson of "Modern Family"
33. Famous soap couple, Luke and ___
34. Curve
37. Nada in Nice?
38. 1983 Bonnie Tyler hit: "Total ___ of the Heart"
41. Musical of 1943!
42. Elizabeth ___ Stanton (Suffragist, b.1815 - d.1902)
47. Bad ___ (German spa resort)
51. Montreal 'coffees'
52. As, in code
54. Microchip-implanting gr.
55. Shark sort
56. Passionate
57. Splinter
58. Memorizes the script and does this
59. Chipper
60. Indy 500 champ Mr. Luyendyk
61. Twist, as facts
64. Bed-and-Breakfast
65. ___ Miserables

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Monday's



Today



Wednesday



Know what the weather will be 14 days from now. Check the 14 day trend.

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